

Linda Clair
Seven-day Meditation Retreat
Kallara Conference Centre, Australia – March 2019
Transcription from Audio Recordings

File 6a – Thursday morning guided meditation

Linda: So take a few deep breaths into the belly. It's Thursday already, and before you know it it will be Saturday – the retreat will be finished. So make use of this final two days. Don't start winding down. Just be steady, solid, interested. Just keep earnestly doing your practice with as few expectations as possible.

So how do you feel right now? What do you feel right now? And really that's secondary. It's the fact that you're here that's important, and you're not avoiding being here. So there are degrees of being here, of being present here now, and there are levels of enlightenment. And enlightenment is the big one, the big realisation where you can never really go back, but beyond that there are more and more realisations. And they come faster and faster and faster until it becomes just one big realisation: "I'm here now" – not even "I'm here," there's just, "Now."

So right now in my body there is a very fine vibration, a very fine, beautiful vibration, just vibrating with life, here, with all of you. So this is the main reason I'm here, this is why I'm here, to be with you, to do this. And I'm still a mother and a daughter and a friend and all that stuff but the main reason I'm here is to do this. And I love doing this but this is not the reason I do this. I don't do it *because of anything*.

So feel the vibration in your body, however it feels; it doesn't have to feel a particular way. There might be tension, pain. And when does a sensation turn into pain? What is that point? Do you need to suffer if you feel pain?

So hear the sounds outside, hear the sounds inside, and come back to your breath.